



# MINUTES

## IRVINE CHILDREN, YOUTH AND FAMILIES ADVISORY COMMITTEE REGULAR MEETING

November 18, 2020

**Middle School Programs Office**  
14321 Yale Avenue  
Irvine, CA 92604

### CALL TO ORDER

A regular meeting of the Irvine Children Youth and Families Advisory Committee was called to order at 5:34 p.m. at the Irvine Middle School Programs Office via WebEx, 14321 Yale Avenue, Irvine by Chair Johnson-Norris.

### ROLL CALL

Present: 13

Committee Member	Aarti Chopra
Committee Member	Shelby Clatterbuck
Committee Member	Theresa Collins
Committee Member	Dina Eletreby
Committee Member	Lily Freeman
Committee Member	Diane Gale
Committee Member	Christine Ito
Committee Member	Ense Kwan
Committee Member	Zhihai Li
Committee Member	Branda Lin
Committee Member	Jada Ulep
Vice Chair	Wendy Bokota
Chair	Lauren Johnson-Norris

Absent: 2

Committee Member	Luz Arellano
Committee Member	Brooke Cazier

### PLEDGE OF ALLEGIANCE

Chair Johnson-Norris led the Pledge of Allegiance.

## **INTRODUCTIONS**

Community Services Administrator Adam Buchanan Introduced Corey Lakin Community Services Manager of Parks and Special Events. Also introduced were new committee members: Shelby Clatterbuck, IUSD Early Learning Specialist, Aarti Chopra, Irvine Child Care Committee representative, Jada Ulep, and Lily Freeman, IUSD Youth Action Team representatives.

## **PRESENTATIONS**

### **1. COVID-19 Impact on Teens**

Dr. Jerry Weichman from the Weichman Clinic is a clinical psychologist and adolescent specialist as well as an author, speaker, and parenting expert. His clinical practice at Hoag Hospital's Neurosciences Institute in Newport Beach, California, provides a window on contemporary teen and pre-teen behavior. He also founded The Weichman Clinic and its Teen Brain Program — a comprehensive mental wellness program exclusively focused on children and adolescents.

Pre-pandemic youth struggled with feeling inferior, insecure, social pressure, self-imposed pressure, academic pressure, parental expectations, sleep issues, and stress-related disorders. During the pandemic, you have all the same problems with new ones added, and the current isolation heightens them. They are now feeling overwhelmed, worried about falling behind in school and sports and giving up emotionally. Students, parents, and teachers are all in need of support.

Dr. Weichman emphasized a crucial step to helping with all of this is exercise; this is something that everyone can do to alleviate many of the stressors mentioned above, taking a walk outside and changing your scenery and sunshine. Therapists are working at this time through tele-therapy and in-office visits when needed. Dr. Weichman has been working with Supervisor Painter in training and working with city staff who work with youth, and plan to continue this relationship in the future.

## **ANNOUNCEMENTS**

Supervisor Painter gave an update on the Middle School Programs iSUCCEED Initiative. The iSUCCEED program is looking to put together TED talk type videos of approximately 20 to 30 minutes. Giving teachers, students, and parents the vital information they need in a recognizable format.

## **COMMITTEE MEMBER UPDATES**

Youth Action Team Project Updates:

Committee Members Freeman and Ulep provided an update on High School Youth Action Team programs held from June 2020 through November 2020, including:

Off-Campus Activities

- This summer, Youth Action Team (YAT) held a volunteer camp entirely online. It was very successful, with 133 students participating; and completing 2500 hours of community service.
- This school year, YAT created an interactive website to connect with students. With more students attending school online, this was a way to reach all students. Their participation increased to 300 students.

They have created online:

- Wellness Wednesday's virtual topics included self-love, gratitude, mindfulness, and more;
- Thursday's Online Talks topics have included resilience, interviewing skills, "how to find the right college for you,"; and
- An online forum where students can interact with past YAT members.

Community Service

- This school year, projects included cards for first responders, learning packets for daycares, book reviews, and care packages totaling 1500 hours of community service; and
- YAT is now a Presidential Volunteer Service Award approved program.

Committee Members Freeman and Ulep also announced several upcoming events, including Online Fun Fridays with scavenger hunts, cooking, escape room, and talent shows planned for the forthcoming months.

**ADDITIONS AND DELETIONS TO THE AGENDA**

There were no additions or deletions to the agenda.

**PUBLIC COMMENTS**

There were no public comments.

**COMMITTEE BUSINESS**

**2. APPROVAL OF IRVINE CHILDREN, YOUTH AND FAMILIES ADVISORY COMMITTEE MINUTES FOR MEETING HELD FEBRUARY 26, 2020.**

**ACTION: Moved by Chair Johnson-Norris and seconded by Vice Chair Bokota to approve the minutes of the regular meeting of the Irvine Children, Youth and Families Advisory Committee held February 26, 2020.**

The motion carried as follows:

Ayes: 13 Committee Members: Bokota, Chopra, Clatterbuck, Collins, Eletreby, Freeman, Gale, Ito, Johnson-Norris, Kwan, Li, Lin, Ulep

Absent: 2 Committee Members: Arellano, Cazier

**3. IRVINE CHILDREN, YOUTH AND FAMILIES ADVISORY COMMITTEE PROPOSED MEETING SCHEDULE FOR CALENDAR YEAR 2021.**

**ACTION: Moved by Chair Johnson-Norris and seconded by Committee Member Collins to approve the Irvine Children, Youth and Families Advisory Committee Proposed Meeting Schedule for calendar year 2021.**

The motion carried as follows:

Ayes: 13 Committee Members: Bokota, Chopra, Clatterbuck, Collins, Eletreby, Freeman, Gale, Ito, Johnson-Norris, Kwan, Li, Lin, Ulep

Absent: 2 Committee Members: Arellano, Cazier

**ADJOURNMENT**

Moved by Chair Johnson-Norris, seconded by Committee Member Collins, and unanimously carried by those members present, to adjourn the meeting at 6:50 p.m.

Wendy Bokota

Wendy Bokota (Mar 15, 2021 21:22 PDT)

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WENDY BOKOTA  
VICE CHAIR

Date Approved: 3-15-2021

Marcy Backhus

Marcy Backhus (Mar 15, 2021 09:41 PDT)

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MARCY BACKHUS  
RECORDING SECRETARY